

2 DAY CERTIFICATE WORKSHOP

Healing the Fragmented Selves of Trauma Survivors

Because trauma lives in the body, traditional talk therapy cannot access the deeply rooted, pervasive wounds that complex trauma leaves behind. Many traumatized clients present with overlapping symptoms including self-hatred, self-alienation, addiction, internal conflict, numbing or shame.

With these clients, you may constantly feel stuck treating surface-level symptoms or the "crisis of the week." As a result, you are left overwhelmed and frustrated that you can never get to treating the trauma, despite your best efforts.

Go beyond symptom reduction and take your work with traumatized clients to a whole new level by implementing this transformational approach to trauma treatment.

Join world-renowned complex trauma and attachment expert Janina Fisher for this certificate workshop. Her cutting-edge approach will shift your clinical perspective so you'll see your client not as a traumatized whole person, but rather as fragmented pieces that are in need of healing.

Over the two days of this course, Janina will teach you to go beyond treating surface-level symptoms and give you the tools you need to look at trauma treatment through a whole new lens. Janina's innovative approach integrates Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy to get to the root of the problem where trauma can truly be processed.

Janina will teach you how to help clients struggling with suicidal and self-destructive impulses, loss of identity, and self-hatred caused by childhood trauma. You'll walk away with the skills you need to help your fragmented and traumatized clients achieve self-compassion and acceptance of all aspects of self.

Through real-life, in-session videos, practical mindfulness exercises, and unique insight from the field of neuroscience, you'll learn powerful strategies to use in your practice to overcome the devastating impacts of childhood abuse and repair childhood wounds.

Register today to earn your certificate and revolutionize the way you treat trauma!

Certificate of completion will be awarded at the end of the training.

"Janina Fisher's exceptional ability to synthesize the best of cutting edge trauma psychotherapies has resulted in a brilliant and unique roadmap for resolving chronic traumatization."

- Pat Ogden, PhD, founder, Sensorimotor Psychotherapy Institute

Speaker



Janina Fisher, Ph.D. is a licensed clinical psychologist and former instructor at The Trauma Center, a research and treatment center founded by Bessel van der Kolk. Known as an expert on the treatment of trauma, Dr. Fisher has also been treating individuals, couples and families since 1980.

She is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, assistant educational director of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

She is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017) and the forthcoming book, *Working with the Neurobiological Legacy of Trauma* (in press).

Speaker Disclosure:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.

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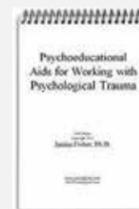


Healing the Fragmented Selves of Trauma Survivors

Overcoming Internal Self-Alienation

By Janina Fisher, Ph.D. - your presenter!

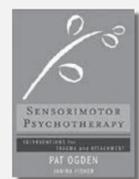
Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes "resolution"—a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance.



Psychoeducational Aids for Treating Psychological Trauma Flip Chart

By Janina Fisher, Ph.D. - your presenter!

This psychoeducational flip chart consists of 22 diagrams with text summarizing the most current research and theoretical concepts in trauma treatment in a simple graphic format understandable for most clients. The use of these simple diagrams increases the ability of the client to understand the nature of the symptoms and engage more easily in the treatment. Clients feel a sense of relief as their puzzling and disturbing reactions begin to make sense, and therapists find the flip chart a support for not only the treatment but also the relationship.



Sensorimotor Psychotherapy

Interventions for Trauma and Attachment

By Pat Ogden, Ph.D. & Janina Fisher, Ph.D. - your presenter!

Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organized according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilizing a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter's teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.

More info and resources at www.pesi.com

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2 DAY CERTIFICATE WORKSHOP

Healing the Fragmented Selves of Trauma Survivors

Transformational Approaches to Treating Complex Trauma

SEATTLE, WA OR LIVE VIDEO WEBCAST
Monday-Tuesday, December 9-10, 2019



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2 DAY CERTIFICATE WORKSHOP

Healing the Fragmented Selves of Trauma Survivors

Transformational Approaches to Treating Complex Trauma



Janina Fisher, PhD
Internationally Renowned Trauma Expert & Author

- Learn how to recognize when clients are fragmented to shift your perspective on trauma treatment
- Help clients struggling with suicidal and self-destructive impulses, loss of identity, and self-hatred caused by childhood trauma
- Integrate Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy to get to the root of the problem where trauma can truly be processed

SEATTLE, WA OR
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Monday-Tuesday
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"Janina Fisher is a true master clinician and teacher — the go-to consultant to deal with complex clinical issues and treatment challenges."

- Bessel A. van der Kolk, M.D.,
The world's leading expert in the field of traumatic stress and author of *The New York Times* bestseller *The Body Keeps the Score*



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Details Inside

Outline

Trauma & Attachment

- Neglect, abuse & attachment formation
- Traumatic attachment
- Early attachment & shaping attachment to self
- Internal attachment styles

Fragmentation an Adaption to Trauma

- Identify manifestations of self-alienation
- Recognize self-alienation as a survival strategy
- Split brain & conflicting defensive strategies
- Primary structural dissociation vs. secondary
- What to do when the parts hijack the body
- Repair internal attachments
- Help clients overcome the challenge of self-acceptance

Sensorimotor Psychotherapy and Fragmentation

- Sensorimotor principles of treatment
- Prerequisites for successful treatment
- Mindfulness & psychoeducation
- Implications of procedurally learned patterns

- Autonomic adaptation
- Teach clients skills to regulate arousal
- Somatic resources for traumatic reactions

How the Parts Dominate: Blending

- The questions trauma survivors don't know to ask
- Blending
- Unblending: step-by-step
- Sensorimotor approaches to unblending

Internal Family Systems: Befriending our Parts

- Awaken an observer
- Help clients achieve distance from symptoms
- Decoding: identify parts
- Speak the language of parts to decrease phobia of traumatized parts
- Encourage self-leadership

Connecting to One's Parts for Inner Healing

- Recognize the role each part plays in survival
- Assist clients with learning to "ask inside"
- Facilitate internal communication
- What does each part need?
- Establish relationships with parts
- Cultivate empathy for the parts
- The befriending questions

From Alienation to Attachment

- Rupture & repair of internal attachment
- Provide missing experiences for parts
- Role of mentalization
- Requirements of integration
- What to do when clients get hijacked
- Utilize the Social Engagement system

Limitations of Research & Potential Risk



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

"Janina Fisher's unique blending of IFS 'parts' with sensorimotor and mindfulness-based therapy is a terrific enhancement to psychodynamic work."

- Kenneth A. Frank, PhD

Objectives

- Utilize clinical strategies to identify signs and symptoms of fragmentation and internal conflict.
- Teach clients to apply non-judgmental language to their trauma-related symptoms and inner experience.
- Facilitate increased mindfulness-based dual awareness in clients to decrease client phobias of emotion and inner experience.
- Foster the development of mindful observation of fragmented parts of the self in clients.
- Utilize somatic interventions for regulating autonomic arousal and affect dysregulation to calm the body as it relates to clinical treatment.
- Integrate interpersonal neurobiology and social engagement techniques in session to improve treatment outcomes.
- Drive the growth of empathy for wounded child parts of the self to increase self-compassion in clients.
- Transform traumatic memory in clients using somatic, visualization, and ego-state techniques.
- Utilize clinical strategies to foster 'earned secure attachment' in a clinical setting.
- Facilitate client use of internal communication to improve treatment outcomes.
- Employ the language of parts, mindfulness strategies and unblending techniques to alleviate the symptoms of shame, depression, suicidality or shutdown.
- Apply strategies from Internal Family Systems and Sensorimotor Psychotherapy in session to aid in the repair of internal attachment.

Target Audience:
Counselors, Social Workers, Psychologists, Case Managers, Addiction Counselors, Therapists, Marriage & Family Therapists, Other Mental Health Professionals, Nurses

BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CTP-Level II).

Visit traumapro.net for the full certification requirements.

The nation's top speakers and authors contact PESI first.
If you are interested in becoming a speaker or have a new topic idea, please contact **Claire Zelasko** at czelasko@pesi.com or call 715-855-8194.

Live Conference Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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Washington Social Workers: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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Join us on December 9-10, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75300

Live Training & Webcast Schedule for Both Days (Times listed in Pacific)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50 -1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Questions?
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\$49.99* *Psychoeducational Aids for Treating Psychological Trauma Flip Chart*

\$47.50* *Sensorimotor Psychotherapy book*

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Healing the Fragmented Selves of Trauma Survivors Transformational Approaches to Treating Complex Trauma

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___ **CD*** (audio) \$439.99 (RNA054605)

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___ **Psychoeducational Aids for Treating Psychological Trauma Flip Chart*** \$49.99 (NBA083935)

___ **Sensorimotor Psychotherapy book*** \$47.50 (SAM083860)

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